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Reserve

RICE POLISH MAKES A VALUABLE ADDITION TO THE DIET

Rice polish is the name given to that part of the rice kernel which is removed in milling brown or natural rice to make it white. Rice polish has high food value, since it contains protein, fat, and minerals including iron, and is also a source of vitamin B. It is therefore suggested as a valuable and cheap reinforcement to the diet, especially in regions where it is available fresh from the mills during the milling season, usually from late August to early May. This includes the very months in winter and early spring when the diet is most likely to need the food substances which rice polish contains. At present the polish is available only during a limited season because it has a tendency to become rancid.

In the preparation of quick breads, rice polish can be added to either flour or corn meal in the proportion of one cup of rice polish to two or three cups of flour or corn meal. The product is flaky, but somewhat darker than a product made entirely from flour or meal. In yeast breads the same proportions of rice polish may be used with success, and in cookies, where more egg is used, even larger proportions may be incorporated. Rice polish may be used sifted or unsifted. The sifted polish makes a finer product. Although its thickening power is considerably less than that of flour, rice polish may be used for thickening gravies, sauces, and puddings.

Where fresh milk is not obtainable, water may be substituted if necessary for the milk in the following recipes. Using evaporated milk or milk powder diluted to the strength of fresh milk is of course preferable from the nutritive standpoint to using water alone. One-fourth of a cup of milk powder diluted with one cup of water makes a satisfactory substitute for slightly more than one cup of fresh milk. For convenience, the powder may be mixed directly with the other dry ingredients and the water added later.

Biscuit

2/3 cup wheat flour	2 teaspoons baking powder
1/3 cup rice polish	2 tablespoons lard
1/4 teaspoon salt	3 to 4 tablespoons milk

Sift the dry ingredients together. Rub the fat in with the tips of the fingers. Mix lightly with the milk to consistency of soft dough. Pat or roll out, cut, and bake in a hot oven (425°F.).

Yeast Rolls

1 tablespoon sugar	1 cake yeast
1-1/2 teaspoons salt	3/4 cup riced potato
3-1/2 tablespoons lard	1 cup unsifted rice polish
3/4 cup (scant) potato water	2-1/2 cups wheat flour

Dissolve the sugar, salt, and lard in the potato water, after reserving enough to soften the yeast. Combine these liquid mixtures with the riced potatoes, and sift together and add the rice polish and flour. To make a dough of the right consistency, if necessary add slightly more flour. Grease the surface of the dough, cover tightly, and set in a warm place to rise until double in bulk. Then work it down and knead for about ten minutes. Make into rolls, let rise again, and bake in a hot oven (400°F.).

Corn Pone

1 cup corn meal	1 cup sifted rice polish
2 cups boiling water	1 teaspoon salt
2 tablespoons lard	1 teaspoon baking powder

Stir the corn meal into the boiling water and bring to the boil. Add the lard and let the mixture cool. Then stir in the rice polish which has been well mixed with the salt and baking powder. Bake in the usual way.

Rice polish may be used in other types of corn bread by decreasing the proportion of liquid. For instance, buttermilk may be used as the liquid with 7/8 teaspoon soda to each pint of buttermilk, in place of water and baking powder.

Spoon Bread

1/2 cup corn meal	2 or 3 eggs
1/2 cup rice polish	1 cup milk
2 cups cold water	2 tablespoons melted butter,
1-1/2 teaspoons salt	bacon fat, or lard

Mix the meal, rice polish, water, and salt, boil for 5 minutes, and stir constantly. Add the well-beaten eggs, the milk, the melted fat, and mix well. Pour into a well greased hot pan or baking dish. Bake for 45 to 50 minutes at a temperature of 400° to 450°F. Serve with a spoon from the pan or dish in which the bread is baked.

For the sake of economy, use only 1 egg and reduce the liquid to about 1-1/2 cups. Or leave out the eggs entirely, reduce the liquid to from 1 to 1-1/4 cups, depending on the consistency desired.

Brown Bread

1 cup corn meal	1-1/2 teaspoons soda
1 cup rice polish	3/4 cup molasses
1 cup graham or whole wheat flour	2 cups sour milk
1 teaspoon salt	

Mix and sift the dry ingredients. Add the molasses and milk, and beat the mixture thoroughly. Fill greased tin cans about three-fourths full. Cover and steam for 3-1/2 hours. Remove the covers and bake the bread in a moderate oven for 1/2 hour to dry it off. This makes a fine textured brown bread which slices well.

If desired 1-3/4 cups sweet milk and 3/4 teaspoon baking powder may be used instead of the sour milk and soda.

Waffles

1/2 cup rice polish	1/2 cup milk
1 cup flour	1 egg
2 teaspoons baking powder	2 tablespoons fat
1/2 teaspoon salt	

Sift the dry ingredients together. Add the milk slowly so as to avoid lumping, then add the egg and the melted fat.

Have the waffle iron moderately hot and well greased. In case an electrically heated waffle iron is used, add an extra teaspoon of fat to the batter.

Plain Pie Crust

1 cup sifted rice polish	1/2 teaspoon salt
1 cup wheat flour	4 tablespoons lard
Water to make stiff dough, about 3 tablespoons	

Combine the rice polish, flour, salt, and fat by chopping or rubbing with the finger tips. Add the water slowly, and use no more than is absolutely necessary. Roll out the dough very lightly.

This pie crust cooks more quickly and burns more easily than crust made with all wheat flour. In using it with fresh fruit pies, cook the filling slightly before putting it into the crust, and watch the pie carefully as it bakes, to see that the crust does not scorch.

Drop Cookies

1/4 cup butter	3/4 cup flour
1/2 cup sugar	1 egg white
2 tablespoons milk	1 teaspoon baking powder
1/4 cup rice polish	1/2 teaspoon ground nutmeg

Cream the butter and add the sugar gradually. Then add the milk and the dry ingredients which have been mixed together. Lastly fold in the well-beaten egg white. Drop by teaspoonfuls onto a greased sheet and bake for about 12 minutes. The oven should be hot at first (370° to 400°F.), then the temperature should be lowered (350°F.).

Honey Cookies

3/4 cup honey	1/2 teaspoon soda
1/4 cup butter	1 cup raisins
1 egg	1 cup wheat flour
1/2 teaspoon cloves	1 cup rice polish
1/2 teaspoon cinnamon	1/4 teaspoon salt

Heat the honey and mix with the butter. Cool and add the egg. Then stir in the dry ingredients and the raisins which have been mixed together. Drop by teaspoonfuls onto a greased sheet. The oven should be hot (400°F.) at first so that the cookies will stay in shape. Since the consistency of honey varies, a little more flour may be needed.

Brownies

1/2 cup butter	1/2 cup flour
2 ounces or squares unsweetened chocolate	1/2 cup rice polish
2 eggs	1 teaspoon baking powder
1 cup sugar	1/2 teaspoon salt
1 cup finely chopped nuts	1/2 teaspoon vanilla

Melt the butter and chocolate together. Beat the eggs lightly, add the sugar, and stir until it dissolves, and add the chopped nuts mixed with the flour. Stir in the melted butter and chocolate after cooling. Pour into a warmed pan greased and lined with greased paper. Spread the mixture evenly and bake in a moderate oven (250° to 300°F.) about 1 hour. Turn from the pan and remove the paper from the cake while hot. Cut the cake into strips for serving. Brownies will keep fresh for some time in a tin box.